

Evan Weinstein
October 30, 2013

Day #1 Cardio

Warm up:

- Run on the elliptical on resistance 3 for 5 minutes

Stretches:

- Calf Stretch Fig #1 - 10 on each foot, hold for 10 seconds each.
- Touch your toes while sitting Fig #2 - 3 on each foot, hold for 15 seconds each.
- Arm down your spine Fig #3 - 5 on each arm, hold for 5 seconds.
- Shoulder Stretch Fig #4 - 5 on each arm, hold for 5 seconds.

Main Activity:

- Run on the elliptical for 20 mins on resistance 10

Cool Down:

- Run on the elliptical for 10 minutes gradually lowering the resistance from 10 to 1

Day #2 Strength Building

Warm up:

- Run on the elliptical on resistance 3 for 10 minutes

Stretches:

- Calf Stretch Fig #1 - 10 on each foot, hold for 10 seconds each.
- Touch your toes while sitting Fig #2 - 3 on each foot, hold for 15 seconds each.
- Arm down your spine Fig #3 - 5 on each arm, hold for 5 seconds.
- Shoulder Stretch Fig #4 - 5 on each arm, hold for 5 seconds.

Main Activity:

- 10 push-ups
- 10 squats Fig #5
- 10 sit-ups
- 30 seconds in a plank position Fig #6
- **ALL X3**

Cool Down:

- Run on the elliptical for 5 minutes gradually lowering the resistance from 10 to 1

Day #3 Medicine/Exercise Ball

Warm up:

- Run on the elliptical on resistance 3 for 10 minutes

Stretches:

- Calf Stretch Fig #1 - 10 on each foot, hold for 10 seconds each.
- Touch your toes while sitting Fig #2 - 3 on each foot, hold for 15 seconds each.
- Arm down your spine Fig #3 - 5 on each arm, hold for 5 seconds.
- Shoulder Stretch Fig #4 - 5 on each arm, hold for 5 seconds.

Main Activity:

- 10 sit ups on an exercise ball
- 30 seconds planking on an exercise ball
- 10 hip rotations while holding a medicine ball. Fig #7
- 10 sit ups while holding a medicine ball.
- **All X3**

Cool Down:

- Run on the elliptical for 5 minutes gradually lowering the resistance from 10 to 1

Day #4 Strength Building

Warm up:

- Run on the elliptical on resistance 3 for 10 minutes

Stretches:

- Calf Stretch Fig #1 - 10 on each foot, hold for 10 seconds each.
- Touch your toes while sitting Fig #2 - 3 on each foot, hold for 15 seconds each.
- Arm down your spine Fig #3 - 5 on each arm, hold for 5 seconds.
- Shoulder Stretch Fig #4 - 5 on each arm, hold for 5 seconds.

Main Activity:

- 10 push-ups
- 10 squats Fig #5
- 10 sit-ups
- 30 seconds in a plank position Fig #6
- **ALL X4**

Cool Down:

- Run on the elliptical for 5 minutes gradually lowering the resistance from 10 to 1

Day #5 Cardio

Warm up:

- Run on the elliptical on resistance 3 for 5 minutes

Stretches:

- Calf Stretch Fig #1 - 10 on each foot, hold for 10 seconds each.
- Touch your toes while sitting Fig #2 - 3 on each foot, hold for 15 seconds each.
- Arm down your spine Fig #3 - 5 on each arm, hold for 5 seconds.
- Shoulder Stretch Fig #4 - 5 on each arm, hold for 5 seconds.

Main Activity:

- Run on the elliptical for for 25 mins on resistance 10

Cool Down:

- Run on the elliptical for 10 minutes gradually lowering the resistance from 10 to 1

Notes:

- Using the same warm-up everyday allows people to learn the routine. They end up having less time in between each exercise, and more time for other activities.
- Having the same activities on day 1 and 5, and days 2 and 4, allows a person to use their time to do the routines instead of learning them. On the repeated days, there are more exercises to do.
- Running on the elliptical before stretching ensures that people are not stretching while cold.



Fig #1



Fig #2



Fig #3



Fig #4



Fig #5

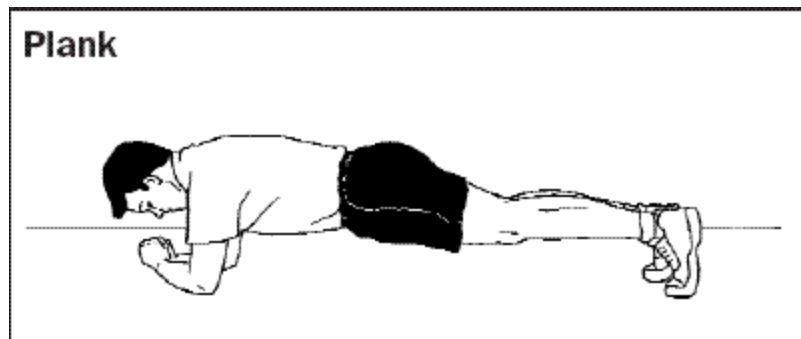


Fig #6



Fig #7

Citations:

"Fitness & Exercise." Net Fit. 29 Oct. 2013 <<http://www.netfit.co.uk/>>.

"Stretching Before You Ride." Mike's Bikes. 29 Oct. 2013

<<http://mikesbikes.com/articles/stretching-before-you-ride-pg241.htm>>.

"Total Mind and Body Fitness." Fit Buff. 29 Oct. 2013 <<http://www.fitbuff.com/>>.